

## Decision Making

Once you are aware of your various options, it is important to evaluate which of your options is the best fit for you. Two styles of decision-making are presented below.

### Rational Method

The Rational Method includes two ways that people can and do make decisions. The first involves evaluating your options and choices by comparing your self-assessment data with what you discovered during your career exploration.

Another rational method suggested involves considering the consequences of each choice and includes the impact on significant others. This is one of the more common decision making methods used. The pros and cons of your top choices to yourself and to significant others are detailed. This method works particularly well when considering one option, such as a job offer with a company or a particular career.

### Intuition

Another method preferred by some is an intuitive approach, which is based on what feels right. For some this can be the guiding direction for their career decisions from the initial decision. For others intuition comes into play in combination with a Rational Method. For example, an option that may have more challenges may still be more appealing to an individual based on their intuition

### Decision Making Exercise

Your Decision (past or future one): \_\_\_\_\_

<b>A: Potential Gains or Losses to Self</b>	
Gains:	Challenges:
<b>B. Potential Gains or Losses to Others</b>	
Gains	Challenges:

How did you make a recent decision?

Once you have explored your options and analyzed this information through a decision making process, you are ready to act. The easiest way to put your research and reflection into action is through goals or plans that allow you to follow steps to achieve what you want out of your life.